

# In Full Bloom

A Publication of the Hillsboro Community Senior Center

Vol. 3 Sep/Oct 2013

## Message from Paula

Active Aging Week will be celebrated at the Hillsboro Community Senior Center on September 23 - 27, with a special prelude scheduled on Saturday, September 21! This year's theme "Discover Your Community" is an opportunity to take advantage of the special offerings provided by the Senior Center, two other Hillsboro Parks & Recreation facilities - Walters Cultural Arts Center and Shute Park Aquatic & Recreation Center (SHARC) - and a number of important community partners. Together we want to recognize the role older adults play in the community and invite you to participate in our FREE offerings for this special week celebrating you. That's right! You can try out one of our dance/exercise classes at no charge during this time period. Additional FREE activities during Active Aging Week include lectures on exercise & nutrition, fall prevention and brain training techniques, a special bike riding demonstration in the park, and the Cultural Arts Center will be giving away some passes for Family Art Night. And don't forget about the exciting prelude to Active Aging Week! A low cost, collaborative event with Cornell Estates on Saturday, September 21 - a Harvest Moon Round-Up with food and entertainment and plenty of FUN. Turn to pages 4 & 5 for full details of our Active Aging Week festivities.

For more information on these happenings or the many other new classes, please take a look inside this issue of ***In Full Bloom***, check out the Fall Activity Guide, or visit [www.ci.hillsboro.or.us/ParksRec](http://www.ci.hillsboro.or.us/ParksRec) and sign up before it's too late.



## Fitness Class

### Schedule

#### Gentle Yoga

Tuesdays 10:00 - 11:00 am

#### Line Dancing

Tues/Thurs 1:30 - 2:30 pm

#### Swing and Sway (Tai Chi)

Fridays 9:00 - 10:00 am

#### Zumba Gold

Wednesdays 2:30 - 3:30 pm

Thursdays 9:30 - 10:30 am

**Purchase 5-time punch cards for these classes at the Senior Center reception desk.**

**\$20 Residents**

**\$30 Non-resident**

**\*\*Effective September 16, these classes will also be included as part of your regular SHARC membership. See SHARC staff for details.**

## Harvest Moon Round-Up

Join your pard'ners at the Hillsboro Community Senior Center and Cornell Estates for a honky tonkin' prelude to Active Aging Week. The Harvest Moon Round-Up features boot scootin' music, line dancing, and delicious down-home cookin'. Grab your hat, leave your horse at the door. Tickets on sale at the Senior Center reception desk through Wednesday, September 19. Tickets will not be sold at the door.



Date: Saturday, September 21  
Time: 5 - 7 pm  
Place: Hillsboro Community Senior Center Dining Hall  
Fee: \$8 per ticket



## Travel Opportunities Blossom

Check out these exciting upcoming travel opportunities through the Hillsboro Community Senior Center travel program:

September 12, Thursday

**Mt. Angel Oktoberfest** - Senior Day \$28. The largest folk festival in the Northwest featuring Bavarian music, arts & crafts, folk dancing, food, and a biergarten.. TRIP IS CURRENTLY FULL. Names are being taken on a waiting list in case there are cancellations.

October 16, Wednesday

**Grape Escape Winery Tour** \$82. What a fun and enjoyable outing to tour two Willamette Valley wineries. Our "escape artists" or van drivers, will be our guide and host on the scenic roads visiting each winery. The wine tastings and heavy appetizers that are paired to the wine will be included on your great 4.5 hour grape escape!

December 9, Monday

**Enchanted Christmas Evening with Music & Wine** \$72. Join us on a coach trip to Eola Hills Wine Cellars where we will partake in a beautiful holiday concert by pianist Michael Allen Harrison. The evening will include music, hors d'oeuvres, desserts and wine. What a memorable evening to celebrate the holidays! Limited seating available so reserve and pay for your spot now!

### Exciting Travels With Collette Vacations for 2014!

March 16-23 **Heart of the South**

We will be exploring New Orleans, it's French Quarter, Court of Two Sisters Restaurant, visit Louisiana's Cajun Country with music, food, cooking lesson, swamp tour and much more of Louisiana. Pricing is \$1,969 dbl., \$2,069 single



its

### Discover Cuba - A Cultural Exploration Informational Meeting

Collette Vacations will hold a slide presentation for the upcoming scheduled trip to Cuba for October 26 - Nov 3, 2014. Ben Stanford will answer all questions, go over the itinerary for the 9 day trip and discuss the trip's purpose for this cultural exploration. This trip should fill up quickly. If you have any interest this is a great chance to experience a country many Americans are limited to visit.

Date: **Wednesday, 10/23**

Time: **2pm**

Place: **Hillsboro Senior Center Classroom**

Please contact Karla Frengle, Volunteer Travel Coordinator, for further information on any of the travel opportunities listed above.

## Growing Services

### Blood Pressure Checks

**Friday, Sept 20** 11:00 am

**Friday, Oct 18** 11:00 am

Free blood pressure checks provided by Home Instead Senior Care .

### Foot Care

**Mon/Tues by appt. only**

Foot inspection, and nail trim by registered foot care nurse, Monica Stutzman. Foot soak optional if patient brings own plastic basin and towel. Appointments can be made at the reception desk.

**\$25 per appointment**

### Hearing Tests

**Friday, Sept 20** by appt. only

**Friday, Oct 18** by appt. only

SmartStep Hearing will provide complimentary hearing tests for people with or without hearing devices. Make your appointment at the front desk.

### On-Site Seamstress

**Wednesday, September 11**

**Wednesday, September 25**

**Wednesday, October 9**

**Wednesday, October 23**

**9:00 am-12:00 pm**

Sewing repair services for small fee.

### SHIBA (Senior Health Insurance Benefit Assistance)

**Wednesday, September 11**

**Wednesday, October 16**

**12:30pm**

**Washington County**

**volunteer, Ron Schmidt,** explains the benefit options available with Medicare.

SHIBA will be onsite every Wednesday 10/16 - 12/4.

## **Fragrance-Free Awareness**



The ingredients in many fragrances and scents are known to adversely affect a person's health. Hillsboro Community Senior Center requests that patrons, staff and volunteers be sensitive to others and give consideration to not using strongly scented products when attending activities or meals.

## **Introduction to Genealogy: Basics of Genealogy Research**

Students learn a very solid foundation for continued growth as a genealogy researcher, "Genealogical Proof Standard," and the importance of source citation. This class, instructed by Janice B. Heckethorne of JB Heckethorne Genealogy Research, can also be used by those already engaged in amateur genealogy research to acquire a deeper understanding of industry standards. Class fee includes all handouts and other printed materials. Register at the Senior Center reception desk.

Day: Tuesdays  
 Dates: October 1 – November 5 (6 weeks)  
 Time: 1:30 – 3:30 pm  
 Place: Hillsboro Community Senior Center Classroom  
 Fee: \$30 Residents  
 \$36 Non-Residents

## **Photo Management for the Holidays**

Have a lot of photos but are unsure what to do with them? Would you like to learn how to create photo books, calendars and other personalized holiday gifts? Join expert Photo Organizer Rita Norton and learn tips on how to select your best photos, organize them, and prepare them for holiday gift giving. Handouts included along with photo book demonstration. Basic computer knowledge helpful. Register at the Senior Center reception desk.

Day: Wednesday, October 9  
 Time: 1:30 – 3:00 pm  
 Place: Hillsboro Community Senior Center Classroom  
 Fee: \$5.00 Residents  
 \$8.00 Non-Residents

## **Medicare Open Enrollment Informational Meetings**

Open Enrollment is when ALL people with Medicare can change their Medicare health plan and prescription drug coverage for 2013. This year's Open Enrollment period is October 15 to December 7. Informational meetings on a number of 2013 plans will be held at the Hillsboro Community Senior Center. See the schedule below.

### **Kaiser Permanente**

Dates: Monday, October 7  
 Monday, November 18  
 Time: 9:30 - 11:45 am  
 Place: Senior Center Classroom

### **Columbia City Benefits Group**

Dates: Monday, October 14  
 Monday, October 28  
 Time: 9:30 - 11:45 am  
 Place: Senior Center Classroom



### **United Healthcare**

Dates: Thursday, October 17  
 Thursday, November 14  
 Time: 3 - 4:45 pm  
 Place: Senior Center Dining Hall

### **Health Net**

Dates: Monday, October 21  
 Monday, November 4  
 Time: 9:30 - 11:45am  
 Place: Senior Center Classroom

### **Wix Agency, LLC**

Date: Thursday, October 24  
 Time: 3 - 4:45 pm  
 Place: Senior Center Dining Hall

### **Senior Choices NW**

Date: Tuesday, November 12  
 Time: 1 - 4:45 pm  
 Place: Senior Center Classroom

## **Active Aging Week 2013: Discover Your Community**

Older adults are invited to discover new places and people during 2013 Active Aging Week®, which is being held Sunday, September 22 through Saturday, September 28, 2013. Active Aging Week, organized by the International Council on Active Aging®, is a national observance to highlight the diverse opportunities available to older adults in a fun and educational atmosphere.

### **Bike Awareness Clinic**

Presented by Adventures Without Limits, this clinic features demos, outfitting, and instruction on a wide range of adaptive and non-traditional bikes. After the clinic you'll be free to take the bikes for a spin around the parking lot or the park, and feel just like a kid again!

**This event is sponsored by the Supporters of the Community Senior Center of Hillsboro, Inc.** Sign-up at the Senior Center reception desk.

Date: Monday, September 23

Time: 1:30 pm

Place: Hillsboro Community Senior Center Parking Lot/Shute Park  
Meet in lobby of Hillsboro Community Senior Center

Fee: Free



### **Fall Prevention**

Stay on your feet and in your home: Falls are feared as we age. A fall is often the end of independence, treating the injuries and paying for the care you need after a fall is expensive. But falling is not an inevitable part of aging. Steps can be taken to prevent falls. Jeanne Brandt, of OSU Extension Service, explains what you can do to "fall-proof" yourself! Sign-up at the Senior Center reception desk.

Date: Tuesday, September 24<sup>th</sup>

Time: 1:30 pm

Place: Hillsboro Community Senior Center Classroom

Fee: Free



### **Nutrition and Exercise for the Active Adult**

Regular exercise and proper nutrition are two critical parts of living a healthy life. Brooke Ives, Recreation Program Supervisor at SHARC, discusses how being active and fueling our bodies accurately will help us live longer and feel better. Sign-up at the Senior Center reception desk.

Date: Wednesday, September 25

Time: 1:30 pm

Place: Hillsboro Community Senior Center classroom

Fee: Free





## Family ART NIGHT

All ages, under 18 must be accompanied by an adult

Gather the family and join us for an evening of art and fun. Use mediums like clay, paint, collage and more to create masterpieces either individually or as a family. All supplies are included.

Date: Thursday, September 26

Time: 6:30 – 8:30 pm

Place: Walters Cultural Arts Center  
Studio B30

Fee: \$5.00/individual\*

Children under 3 free

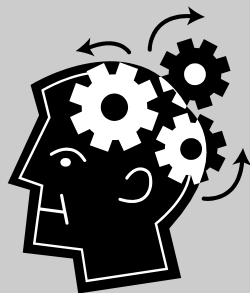
Limit is 20 people,  
so come early!

\*In honor of Active Aging Week the Hillsboro Community Senior Center will be raffling off six FREE passes to Family ART NIGHT on September 26. Raffle will take place that day, September 26, at lunch in the Hillsboro Community Senior Center Dining Hall.



## Train Your Brain: How We Can Maintain or Even Improve Our Memory Abilities in Older Adulthood

There is mounting evidence that lifestyle factors, including staying mentally active, can delay memory problems. Dr. Winningham, Professor and Chair of the Psychology Division at Western Oregon University, discusses recent research related to the use it or lose it theory of memory and aging, effects of physical exercise, nutrition, and social support on the likelihood of developing memory problems. The take home message is optimistic and motivating: There are many practical things that all of us can do to maximize our memory abilities. **Sponsored by Avamere at Hillsboro.**



Date: Friday, September 27

Time: 1:30 pm

Place: Hillsboro Community Senior Center  
Dining Hall

## FREE Fitness Classes During Active Aging Week September 22 - 28, 2013

MODIFIED FORMAT FOR THIS WEEK. First 15 minutes of class will feature a group fitness assessment focused on strength and balance followed by a 45 minute session of the regular class—

### Gentle Yoga

**Tuesday, September 24 10:00 - 11:00 am**

Slower paced standing/seated yoga class suitable for all levels of participation.

**Sponsored by United Healthcare.**

### Swing and Sway (Tai Chi)

**Friday, September 27 9:00 - 10:00 am**

Fun therapeutic set of rhythmic and functional Tai Chi movement assists with strength and mobility. **Sponsored by Health Net of Oregon.**

### Zumba Gold

**Wednesday, September 25 2:30 - 3:30 pm**

**Thursday, September 26 9:30 - 10:30 am**

Takes the Zumba formula and modifies the pace and movements to suit the needs of the active older participant.



Unmodified, normal format, but still FREE—

### Line Dancing

**Tuesday, September 24 1:30 - 2:30 pm**

**Thursday, September 26 1:30 - 2:30 pm**

Exciting choreographed exercise performed to a variety of fun music.

## Special Meals at the Senior Center

### All Hallows-Eat Lunch Party

Monster Mash your way to the Senior Center for a special Halloween Lunch complete with spooky music and a costume contest. We will have prizes for the scariest, funniest and most original costumes. Monsters, ghosts, goblins, and all other frightful creatures welcome. Please purchase your tickets at the Senior Center reception desk no later than Monday, October 28. Tickets will not be sold at the door.



Date: Thursday, October 31  
Time: Noon  
Place: Hillsboro Community Senior Center Dining Room  
Fee: \$5.00\*

### Thanksgiving Dinner

Join your friends at the Senior Center for a delicious turkey dinner with all the trimmings (*no salad bar*) prepared by Chef Tadashi and his staff. Seating is limited. Please purchase your tickets at the Senior Center reception desk no later than Friday, November 15. Tickets will not be sold at the door.

Date: Wednesday, November 20  
Time: Noon  
Place: Hillsboro Community Senior Center Dining Room  
Fee: \$5.00\*

### Yuletide Feast

The holidays are a time for celebration, fellowship, and wonderful food. Why not come celebrate this joyous time at the Senior Center? Chef Tadashi and his staff will prepare a traditional holiday dinner with all its accompaniments (*no salad bar*). Seating is limited. Please purchase your tickets at the Senior Center reception desk no later than Friday, December 13.



Date: Wednesday, December 19  
Time: Noon  
Place: Hillsboro Community Senior Center Dining Room  
Fee: \$5.00\*

## Art Classes at the Hillsboro Community Senior Center

### Beginning Watercolor

Explore the basic techniques of watercolor. Gain confidence as you experiment with brushwork, washes and color mapping while creating images. Hone your skills through a series of fun exercises designed to help you bring images to life. Beginning and intermediate students welcome.

**Supply list available at registration.**

*Bonnie Burbidge*

**#40867** 10/03 - 10/24  
Day: Thursday  
Time: 1:30 – 3:30 pm  
Place: Hillsboro Community Senior Center classroom  
Fee: \$12.00 Resident  
\$17.00 Non-Resident

### Watercolor Journaling

Take your journal to the next level—with all the colors of the rainbow! Enjoy a one day workshop of recording and reflecting through the language of watercolor. Instead of writing or typing, explore a different approach to capturing things that fascinate you: flowers, travel, birds, shoes—wherever your paintbrush takes you. Previous painting experience helpful, but not necessary. Leave with the beginnings of a unique journal you can add to and look back on for years to come.



**Supply list available at registration.** *Bonnie Burbidge*

**#40866** Friday, 10/11  
Time: 1:30 – 3:30 pm  
Place: Hillsboro Community Senior Center classroom  
Fee: \$12.00 Resident  
\$17.00 Non-Resident

### How to register for these classes

1. Visit [www.hillsboro-oregon.gov/wcac](http://www.hillsboro-oregon.gov/wcac)
2. Register over the phone at (503) 615-3485
3. Register in person at the Walters Cultural Arts Center at 527 E. Main Street, Hillsboro OR 97123.

## Looking Forward

### Supporters Message from Lawrence Whitlock, President

It is with great pleasure that I introduce the Supporters of the Community Senior Center of Hillsboro, Inc. (SCSCH) Board of Directors for 2013-2014: Lawrence Whitlock – President, Marge Sommers – 1<sup>st</sup> Vice President, Peggy Crisp – 2<sup>nd</sup> Vice President, Shirley Woodford – Secretary, Bill Medick – Treasurer, and Directors – Betty Cochran, Linda Dorland, Elvin Gudmundsen, and John Orman.



SCSCH is a non-profit corporation whose purpose is fundraising to support the Hillsboro Community Senior Center's meal program and other activities. We will be focusing on avenues for fundraising and involvement from SCSCH members during the upcoming year so that we can meet our annual commitment to the City of Hillsboro.

The year ahead offers great opportunities for this team, and all of us look forward to working with the management of the Center and Hillsboro Parks & Recreation to make sure that the Hillsboro Community Senior Center is the best in the area.

### Breakfast, Not Over Easy

Due to the low Friday morning attendance, we are sadly discontinuing breakfast service on Fridays effective September 1, 2013. We will continue our Tuesday morning meal and hope you will make a time to support us. Check out the made to order menu and bring a friend!



## 50¢ off any breakfast

Redeemable only at the Hillsboro Community Senior Center.

Limit one coupon per person.

(No breakfast last Tuesday of the month)

Expires October 31<sup>st</sup>, 2013



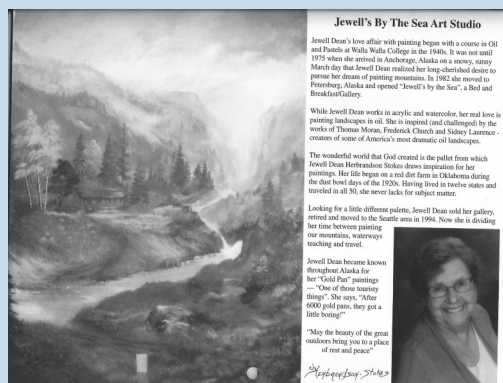
## Supporters Happenings

### Oregon International Air Show



A big Thank You to the volunteers that staffed the souvenir booth at this year's Air Show at the Hillsboro Airport. Their hard work is appreciated.

### SCSCH Calendar



The Supporters of the Community Senior Center will be offering a 2014 calendar featuring the landscape artwork of Jewell Dean. These calendars with their beautiful artwork would be a great addition to any home or office. Make sure that you get one for yourself and one to give as a gift. Contact any SCSCH board member for details, or purchase one in the Gift Shop.

### SCSCH Cookbook

The Supporters are in the preliminary stages of assembling a cookbook of favorite recipes and we would like to add your favorite in the collection. Any and all recipes are welcome, especially recipes for one person. Contact any SCSCH board member for details and for submitting your recipe.

### Fall Fling Bingo

Wednesday, October 16 5:30 pm



**Hillsboro Community Senior Center**  
 750 SE 8th Avenue  
 Hillsboro, OR 97123

## Supporters Spotlight

We are very proud that Marge Sommers, SCSCCH 1<sup>st</sup> Vice President, has been recognized as Senior Volunteer of the Year by the City of Hillsboro. Marge is very active at the Center acting as hostess, receptionist and serving with the Supporters.



Next time you are in the Center, stop by and say thank you to Marge for her award and for her great contribution to the Hillsboro Community Senior Center.

## Recipes Needed

The Supporters Board wishes to sell a recipe book in order to make money for the Food Program at the Hillsboro Community Senior Center. We are asking you for your favorite recipes!

Just write your favorite recipe on a plain piece of paper and add your name and age (if you wish to), so everyone will know who this favorite recipe belongs to. Recipes that can be used for one person would be greatly appreciated.

You can e-mail recipes to [a msomm@frontier.com](mailto:msomm@frontier.com), mail to Marge Sommers, 1105 NE Lincoln St., Hillsboro, OR 97124. We will also have a drop box at the Front Desk. We really need all of your input out there to help us make money for the Food Program. Thanks.